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10. A method of preparing a bifurcated vessel having a bifurcation, a main vessel, and a side branch vessel, for an interventional procedure, comprising the steps of:

providing an elongated catheter;

providing a tracking guide wire and tracking guide wire lumen for receiving the tracking guide wire, the tracking guide wire lumen extending through at least a portion of the catheter;

providing an integrated guide wire and integrated guide wire lumen for receiving the integrated guide wire, the integrated guide wire lumen extending through at least a portion of the catheter;

wherein the tracking guide wire lumen and the integrated guide wire lumen run substantially parallel to each other throughout their lengths, and the tracking guide wire lumen and the integrated guide wire lumen do not move apart with respect to each other;

back loading the tracking guide wire into the tracking guide wire lumen;

advancing the catheter over the tracking guide wire to a position proximal of the bifurcation in the main vessel;

advancing the integrated guide wire through the integrated guide wire lumen and into the side branch vessel;

providing a retaining element for retaining the tracking guide wire and the integrated guide wire in a spaced apart relationship proximal to the elongated catheter;

maintaining the position of the tracking guide wire relative to the integrated guide wire with the retaining element; and

removing the catheter from a patient's vasculature.